Super Hero Starter Kit

Together We Change Cancer!

Pennies for Patients

Leukemia & Lymphoma Society

Pennies for Patients®
HELPERS & HEROES

Participating in a Pennies for Patients fundraiser is a great way to build social-emotional learning skills. Use this activity to focus your students on the importance of helping others during the fundraiser and every day.

Materials for each student: copy of the “Helpers & Heroes” pattern for your grade, scissors, crayons or colored pencils, tape

Optional materials: copies of the star and lightning bolt patterns, yellow paper, gold glitter pen, aluminum or gold foil

In advance: Copy the appropriate list of social-emotional learning skills (see the box) on a sheet of chart paper.

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SKILLS THAT HELP YOU HELP OTHERS

For younger students:
Understanding and caring about how someone else feels
Wanting to help someone who needs help
Giving what you have to others
Working together
Planning what you need to do
Believing in yourself and your abilities
Sending messages to others clearly
Showing respect to those who may be different from you because of a sickness

For older students:
Empathy
Compassion
Generosity
Teamwork
Goal-setting
Self-confidence
Communicating clearly
Respect

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LLSSTEMcurriculum.org
Steps:

1. Display the list of social-emotional skills and read it aloud with students. Clarify for students any skills they may be unfamiliar with.

2. As a class, spend several minutes brainstorming how social-emotional skills like those listed on the chart can help students in school, at home, and in the future.

3. Review with students how Pennies for Patients helps children and families that are battling cancer. Then ask students how this fundraiser can also help kids build important social-emotional skills like those on the chart. Use these examples to guide the discussion:
   - Students will practice **communicating** and **expressing themselves** clearly when they ask potential donors for contributions.
   - Students will practice **empathy** as they consider how students and families affected by cancer may feel.
   - Students will be asked to **set individual goals** and work throughout the campaign to achieve them.

4. Talk with students about how they can make more than financial donations to Pennies for Patients. For example, instead of spending an hour playing video games, a student can use that time to contact friends, neighbors, and family members to ask for donations. Another student might use artistic skills to make posters advertising Pennies for Patients or to make cards for local cancer survivors. Divide the class into small groups to brainstorm other ways they can give their time and talents to Pennies for Patients. After several minutes, provide time for groups to share their ideas.

**PENNIES FOR PATIENTS OVERVIEW**

- More than **12 million students** in **24,000 schools** across the country collect donations to help fight blood cancers.
- Programs typically run for **three weeks** between November and May.
- Schools register and set a fundraising goal. Students receive **collection boxes** and **parent letters**. Schools receive Honored Hero posters, goal-setting posters, and more to help get the word out.
- Students learn about **local cancer survivors** and patients. Some schools have kickoff assemblies, classroom competitions, and thank-you gifts.
- Students have raised more than **$393 million** for research, patient and community services, and education.
5. Give each student a copy of the “Helpers & Heroes” pattern page, scissors, and crayons or colored pencils. Thinking about Pennies for Patients, have each student complete the pattern by following these directions:

- **For younger students:** Have each student draw a picture illustrating himself or herself doing something that helps someone else. Then help children finish the sentence starter.

- **For older students:** Have each student finish the sentence starter to explain why helping others is important. Have the student add an illustration if space allows.

6. Have each student color and cut out the pattern.

7. Display the patterns on your classroom door or in the hallway outside your classroom. Add the title “Helpers & Heroes Together!” Optional: Enhance the display using these suggestions:

- Print the star and lightning bolt patterns on yellow paper. Have students help you cut them out. Outline each star with a gold glitter pen. Post the stars and bolts around the display after the glitter glue dries.

- Print the star patterns on sturdy paper and cut them out. Then have students trace the stars on sheets of aluminum or gold foil. Help them carefully cut out the stars. Then attach them to the display.

**Administrator’s tip:** Pledge to come to school dressed as a superhero if every class in your school creates a display or if your school reaches its fundraising goal. Students will be extra motivated!

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**BLOOD CANCER BASICS**

- Blood cancers can affect the bone marrow, blood cells, lymph nodes and other parts of the lymphatic system. Blood cancers include **leukemia**, **lymphoma**, **myeloma**, and other diseases.

- About **every 3 minutes** someone in the United States is diagnosed with blood cancer.

- Blood cancers affect over **1.3 million people** in the United States.

**ABOUT LLS**

- The Leukemia & Lymphoma Society is the world’s largest voluntary health organization dedicated to **funding blood cancer research** and providing education and patient services.

- Since 1954 LLS has invested nearly **$1.3 billion** in groundbreaking research and in support and education.

- LLS funds research at nearly **100 medical institutions** around the world.
Helpers & Heroes Pattern (for younger students)

Name ____________________________________________

I can help by ______________________________________

__________________________________________________

__________________________________________________

LEUKEMIA & LYMPHOMA SOCIETY®
Helpers & Heroes Pattern (for older students)

Name ________________________________

It is important to help others because

_____________________________________

_____________________________________

_____________________________________

_____________________________________

_____________________________________

_____________________________________

LEUKEMIA & LYMPHOMA SOCIETY®
Star and Lightning Bolt Patterns
WHAT KIND OF SUPERHERO ARE YOU?

STEP 1  CHOOSE YOUR SUPERHERO NAME
Combine the first letter of your first name and the month you were born in to create your superhero name!

A- Amazing  J- Agent  S- Atomic  January- Arrow  July- Fighter
B- Super  K- Brave  T- Tough  February- Cobra  August- Wolf
C- Fire  L- Captain  U- Ultra  March- Eagle  September- Hornet
D- Magnificent  M- Marvelous  V- Giant  April- Lizard  October- Falcon
E- Dynamic  N- Mysterious  W- Thunder  May- Hawk  November- Ninja
F- Wonder  O- Strong  X- Lightning  June- Fang  December- Claw
G- Doctor  P- Mighty  Y- Incredible
H- Razor  Q- Magnetic  Z- Steel
I - Space  R - Professor

STEP 2  CHOOSE YOUR SUPERPOWER
Your superpower is the color shirt you are wearing.

Red: Invisibility  Green: Psychic Powers
Orange: Super Speed  Black: Shrinking
Blue: Super Strength  White: Lightning
Purple: Ice Powers  Gray: Weather control
Yellow: Flight  Other: Heat Vision

STEP 3  CREATE YOUR SUPERHERO SYMBOL & COSTUME

DRAW YOUR SUPERHERO SYMBOL
Draw a picture of what your superhero symbol looks like. For example: Space Hornet could be a picture of a hornet in a space suit or whatever you'd like!

ASSEMBLE YOUR COSTUME
You'll need some of the items below to assemble your superhero costume. We've also provided a list of household items that work well for these costume parts.

A CAPE
Towel  Pillow case  Small blanket

PROTECTIVE EYEWEAR
Sunglasses  Swimming goggles  Costume face mask

UTILITY BELT
Regular belt or dress tie  Ribbon or yarn  Robe waist tie

MY SUPERHERO NAME IS:  MY SUPERPOWER IS:

DRAW YOUR SUPERHERO SYMBOL AND COSTUME ON THE BACK OF THIS PAGE

CONGRATULATIONS!  You are ready to accept your official Pennies for Patients Hero Squad mission!
YOUR HERO SQUAD MISSION AWAITS!

**MISSION 1**
Share your superhero name, power, symbol & costume on social media with your parents or guardian.
Be sure to tag #PENNIESFORPATIENTS

**MISSION 2**
Setup your online fundraising page with your parent or guardian by searching for your school at PENNIESFORPATIENTS.ORG

**MISSION 3**
Ask your parent or guardian what chores you can do around the house to earn money to donate to your online fundraising page.

Raise as much money as you can to help patient heroes like Cruz who have been diagnosed with blood cancer!

Remember
EVENLY HERO NEEDS A SQUAD

Cruz, Leukemia Survivor
SUPERHERO FUNDRAISING ACTIVITIES

SCIENCE MONDAY
Collect loose change from around the house and make an online donation in that amount! Post your favorite LLS fact.

TECHNOLOGY TUESDAY
Share your superhero video alongside your donation link (email, Facebook, etc.)

ENGINEERING WEDNESDAY
Build your Superhero Lair (with Legos, pillows, etc.)

ART THURSDAY
Share your Hero Squad self-portrait with your friends and family alongside your fundraising link (email, Facebook, etc.)

MATH FRIDAY
Look at your school’s Pennies page to see how your Hero Squad has worked together to reach your goals!
**SUPER HERO STEM+**

**STEM+ ACTIVITIES ALL WEEK LONG**

**SCIENCE MONDAY** Get to the lab to save the day! Freeze coins or a small toy overnight. Get creative with how to melt the ice and save the day!

**TECHNOLOGY TUESDAY** Record your super-abilities! Make a video describing your superpower.

**ENGINEERING WEDNESDAY** Build your superhero lair! Use pillows, legos, etc.

**ART THURSDAY** Draw a self-portrait as a super member of our Hero Squad.

**MATH FRIDAY** Decode the Hero Squad catchphrase on the next page!

**TOGETHER WE CHANGE CANCER!**

[Logos for Leukemia & Lymphoma Society and Pennies for Patients]
**GRADES K-2 DECODING ACTIVITY**

**DECODE THE HERO SQUAD CATCHPHRASE**

**Directions:** Use the key below to find which letter belongs in the blank spaces.

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**Key:**

A = 1  B = 2  C = 3  D = 4  E = 5  F = 6  G = 7  H = 8  I = 9  J = 10  K = 11  L = 12
M = 13  N = 14  O = 15  P = 16  Q = 17  R = 18  S = 19  T = 20  U = 21  V = 22
W = 23  X = 24  Y = 25  Z = 26
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## Directions
Solve the math problem and then use the key below to find which letter belongs in the blank space.

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<td>5-0</td>
<td>6+8</td>
<td>4+4</td>
<td>6-1</td>
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## Key

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
Use the clues and word bank below to help Cruz finish the crossword puzzle!

CLUES

DOWN
1. This is your Hero Squad! Family, friends, neighbors, teachers and more!
2. This is what you do to keep everything in order.
3. This is when you give money to a charity to help a cause like the Leukemia & Lymphoma Society (LLS).
4. This is what you have when you're playing with friends!
5. This is the very important work that is being done to help find cures for people like Cruz, battling cancer.
6. These are coins that are each worth one cent.
7. These are the people you live with; your parents, brothers, sisters, or even aunts, uncles and cousins!
8. in order to succeed, you must <blank> in yourself?

ACROSS

1. in order to succeed, you must <blank>
2. This is what you do to keep everything in order.
3. The bad guys that cancer patients like Cruz are fighting.
4. This is what you have when you're playing with friends!
5. These are people who are sick that LLS help to get better.
6. These are coins that are each worth one cent.
7. These are the people you live with; your parents, brothers, sisters, or even aunts, uncles and cousins!
8. in order to succeed, you must <blank> in yourself?
Use the word bank below to help Cruz finish the word search!

WORD BANK

Blood Cancer Charity Cure Hope Leukemia LLS Lymphoma Strong

TOGETHER WE CHANGE CANCER!